

A TIP FROM A  
**FORMER  
SMOKER**

***DON'T WAIT FOR  
OPEN HEART SURGERY  
TO STOP SMOKING.***

**Mariano, Age 55  
Illinois**

Smoking can damage more than just your lungs.  
Mariano needed open heart surgery to save his life.  
You can quit. For free help, call **1-800-QUIT-NOW**.

#CDCTips



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention  
[www.cdc.gov/tips](http://www.cdc.gov/tips)